



# Quit Smoking Charlottesville

A free support group to help you quit smoking!

Every Thursday, 5:30-6:30PM

September 5th through November 21st

@ the Charlottesville/Albemarle Health Dept.

1138 Rose Hill Drive, Entrance #3

Led by Tom Daniel, MD

Barrie Carveth, NP and Janie Heath, NP

- Friendly and supportive group setting -
- Wide range of informative speakers -
- No advance registration needed -
- Anyone can join at any time! -

For more information :

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